



APRIL

NEW(S) HORIZON

2016

A NEWSLETTER FROM THE WALPOLE COUNCIL ON AGING

We are proud to sponsor many events and programs addressing the health and well-being of Walpole seniors. Examples of these are:

Nutrition Programs

TRIAD

HESSCO Lunches

Podiatrist

Educational Groups

Knitting Group

Bingo

VNA Clinics

Yoga

Outreach Services

Cribbage

Financial Programs

Writing Group

Veterans Group

Dominos

Whist

Bridge

Great Trips

Chair Exercise

Zumba Gold

Mah Jongg

Day of Beauty (September-June)

Transportation for shopping, errands and medical appointments

LOOK INSIDE THE NEWSLETTER FOR TIMES & DATES OF THESE PROGRAMS!

**WALPOLE COUNCIL OF AGING CENTER
135 SCHOOL STREET, WALPOLE, MA 02081**

Hours: Monday, Wednesday, Thursday, Friday 8:30 –5:00PM; Tuesday 8:30– 8:00PM

Telephone: 508-668-3330, Fax: 508-660-7363, Website: www.walpole-ma.gov

The Council on Aging is the department of town government dedicated to assessing the needs of and providing services to Walpole residents age 60 and older. The mission of the Walpole Council on Aging is to promote social, recreational and educational activities and provide advocacy and assistance to Walpole Seniors and their families.

You are invited to all meetings of the Walpole Council on Aging. Our next meeting is **THURSDAY, APRIL 21, AT 1:30 PM**, at the Newell Senior Center attached to Walpole Town Hall.

LETTER FROM THE DIRECTOR

Happy Spring! The Walpole Council on Aging wants to recognize the individual capabilities and needs of each senior citizen. Our mission is to assist the community in establishing a full range of services which allow older persons to live in the most independent manner possible. We are thrilled that so many people use the Center, and want to keep welcoming new people. To help with this, the Walpole Council on Aging has worked with Walpole High School to create a new logo for our Center. The student who created this logo is Angela Pyne. We are grateful for all her hard work.



I also want to thank two essential members of our community who work behind the scenes: Ron Farnum and Nick Marenilli. These two gentlemen are always ready to help, answer questions, pick up donations for the Center and so much more.

Lastly, with spring here and hopefully the nice weather, we will be offering Pop-Up Trips for outdoor activities. Make sure you keep an eye out for notices or check in with the Center!!

Courtney Riley

Director

Walpole Council on Aging

HELPFUL NUMBERS TO REMEMBER:

NORFOLK COUNTY "ARE YOU OK?", (866) 900-RUOK (7865)

Receive a call every day to make sure you are up and OK!

HESSCO: (800) 462-5221

POLICE (Non-emergency) 668-1212

FIRE DEPARTMENT (Non-emergency) 668-0260

Meet our new Nurse: Leandra McLean



I have been a critical care and emergency nurse for the last 25 years and this is my first venture into public health. I am excited to get to know members of the senior community. My plan is to be visible and approachable! We will continue our blood pressure screenings, and want to add that I am open to discussing your health questions at any point. As a new feature we will include a 3-5 minute casual educational talk after exercise class on Monday.

Please feel free to suggest topics you would like to learn more about. I look forward to getting to know you!

Leandra— RN, BSN, CEN, CCRN

APRIL TRIPS & EVENTS

DATE	EVENT	DESCRIPTION	TIME & LOCATION
MONDAY 4/4	Annie Dress Rehearsal	Seniors attend the Bird Middle School dress rehearsal of Annie. FREE.	3:00-5:00PM Van leaves COA at 2:30PM
WEDNESDAY 4/6	University Station Stores Westwood	Wegmans, Marshalls, HomeGoods and so much more. Registration required. Van limit 17.	11:00 AM Van leaves COA 11:00AM—2:00PM
WEDNESDAY 4/6	Mix-It-Up	Join both the children and seniors in Decorating cookies	4:00 PM FREE At COA
THURSDAY 4/7	Day of Beauty at Tri-County in Franklin	Manicures, facials, hair color and cuts. Lunch at Gerry's restaurant if open. Registration required.	8:30 AM Van leaves COA
THURSDAY 4/7	Chickie Flynn's	Sign up at COA. If you attended last month please wait to sign up. There is a \$2.50 gratuity per person to be paid at the restaurant.	11:15 AM Van leaves COA
THURSDAY 4/7	High School Student Performance	Come and listen to very talented Walpole students perform musical verses.	3:15 - 4:15 PM FREE At COA
MONDAY 4/11	Patriot Place Shopping Trip	Eat, shop, people watch or do it all. The time is yours. Registration required.	11:30 AM Van leaves COA
WEDNESDAY 4/13	Walpole Errand Day	Sign up for a ride to your errands The van will take you anywhere in Walpole. Registration required.	Times to be determined based on number of people and destinations
THURSDAY 4/14	Walk-in Breakfast	Join us for a great home-cooked breakfast and wonderful company.	8:00 –10:00AM At COA ~ \$3.00 per person
MONDAY 4/18	PATRIOTS DAY	CENTER CLOSED	See you Tuesday!!
WEDNESDAY 4/20	Creative Corner	Harney Academy of Irish Dancing. Liam Harney and his Irish Step Dancers provide another great performance .	1:00 -2:00 PM Free at COA Please Sign up!
THURSDAY 4/21	Opioid Use in Older People	Presentation by Walpole Police Department & Rite Aid pharmacist Laura Vanaria.	1:00 -2:00 PM COA—Please sign up
MONDAY 4/25	AARP Driver Safety	Learn current driving rules of the road, driving defensively and how to operate safely.	8:30AM—12:30PM Walpole Library
MONDAY 4/25	Twin River Casino	Registration required. Limited to 17 people	11:30 AM Van leaves COA
TUESDAY 4/26	Podiatrist	Appointments scheduled in advance required	1:00 - 4:00 PM COA—\$25.00 Per Person
WEDNESDAY 4/27	TRIAD PROGRAM	Come and listen to a retired Corrections Officer	11:00AM - 12:00PM Free at COA
WEDNESDAY 4/27	Mix-It-Up	Come and Learn to knit. This program is for both seniors and children	4:00 PM Free at COA
THURSDAY 4/28	Walk-in Breakfast	Join us for a great home-cooked breakfast and wonderful company.	8:00 –10:00AM COA ~ \$3.00 per person

APRIL 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
REGISTER NOW! <i>HAIRSPRAY, The Musical!</i> Olde Colonial Café The Norwood Theatre Lunch & Theatre Combo Wednesday, JUNE 8th 11:30AM - 3:30PM \$25.00 per person (non-refundable) 17 Tickets available		<p>*ALL PROGRAMS ARE 1 HOUR IN LENGTH UNLESS OTHERWISE NOTED.</p> <p>** HESSCO MEALS (LUNCH) ARE PROVIDED DAILY AT THE CENTER FOR A DONATION OF \$3.00</p>		1 SIGN -UP DAY 9:00AM Zumba 10:00AM Wii Bowling 10:00AM Seekers Writing Club, Walpole Library 12:00PM HESSCO Potato Pollock 12:30PM Bingo
11 10:00AM Exercise Class 11:30AM Patriot Place Shopping Trip 12:00PM HESSCO Chicken Rotini 1:00PM Dominos 1:30PM Mah Jongg	12 Stop & Shop (AM Trips) 8:30AM Bird Park Walking Club 12:00PM HESSCO Beef Patty 12:00PM Whist 2:30PM Yoga 4:00PM A Musical Interlude	13 ERRAND DAY 10:00AM Exercise Class 10:00AM Knitting Club 12:00PM HESSCO Chicken L'Orange 1:00PM Creative Corner 2:30PM Senior Singing Group	14 8:00- 10:00AM Walk-in Breakfast 8:30AM Bird Park Walking Club 10:30AM Yoga 12:00PM HESSCO Braised Beef 1:00PM Cribbage 1:15PM Bridge 6:30 -9:00PM Hoops & Needles	15 9:00AM Zumba 10:00AM Wii Bowling 10:00AM Seekers Writing Club, Walpole Library 12:00PM HESSCO Krunchy Fish 12:30PM Bingo
25 8:30AM—12:30PM AARP Driver Safety, Walpole Library 10:00AM Exercise Class 11:30AM Twin River Casino 12:00PM HESSCO Beef Picadillo 1:00PM Dominos 1:30PM Mah Jongg	26 Stop & Shop (AM Trips) 8:30AM Bird Park Walking Club 12:00PM HESSCO Mac & Cheese 12:00PM Whist 1:00-4:00PM Podiatrist 2:30PM Yoga 4:00PM A Musical Interlude	27 10:00AM Exercise Class 10:00AM Knitting Club 11:00AM TRIAD 12:00PM HESSCO Pork Tetrazini 1:00PM Creative Corner 2:30PM Senior Singing Group	28 8:00-10:00AM Walk-in Breakfast 8:30AM Bird Park Walking Club 12:00PM HESSCO Grilled Chicken 10:30AM Yoga 1:00PM Cribbage 1:15PM Bridge 6:30 -9:00PM Hoops & Needles	29 9:00AM Zumba 10:00AM Wii Bowling 12:00PM HESSCO Rainbow Trout 12:30PM Bingo

APRIL 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 10:00AM Exercise Class 11:30 AM Walmart Trip 12:00PM HESSCO BBQ Pork Rib 1:00PM Dominos 1:30PM Mah Jongg 3:00-5:00PM Dress Rehearsal of Play Annie, Bird Middle School	5 Stop & Shop (AM Trips) 8:30 AM Bird Park Walking Club 12:00PM HESSCO Chicken 12:00PM Whist 2:30PM Yoga 4:00PM A Musical Interlude	6 10:00AM Exercise Class 11:00AM-2:00PM University Station Stores 12:00PM HESSCO Stuffed Shells 12:30PM Pokeno 2:30PM Senior Singing Group 4:00PM Mix-It-Up	7 8:30AM Bird Park Walking Club 8:30AM Day of Beauty 10:30AM Yoga 11:15AM Chickie Flynn's 12:00PM HESSCO Roast Turkey 1:00PM Cribbage 1:15PM Bridge 3:15PM HS Student Performance	8 9:00AM Zumba 12:00PM HESSCO Sweet & Sour Meatballs 12:30PM Bingo 
18 PATRIOTS DAY Center Closed 	19 Stop & Shop (AM Trips) 8:30AM Bird Park Walking Club 12:00PM HESSCO Chicken Alfredo 12:00PM Whist 2:30PM Yoga 4:00PM A Musical Interlude	20 10:00AM Exercise Class 12:00PM HESSCO Meatloaf w/Gravy 12:30PM Pokeno 1:00PM Creative Corner 2:30PM Senior Singing Group	21 8:30AM Bird Park Walking Club 10:30AM Yoga 12:00PM HESSCO Cheese Omelets 1:00PM Opioid Use 1:00PM Cribbage 1:15PM Bridge 1:30PM COA Board Meeting	22 9:00AM Zumba 12:00PM HESSCO Chicken Sausage 12:30PM Bingo 

Please **sign up for ALL trips and events** you would like to attend.
IN-PERSON and **PHONE** registration begins **FRIDAY APRIL 1st at 8:30 AM.**

LET US PLACE YOUR AD HERE.



NURSE'S CORNER...*Finding the Right Doctor*

Finding a doctor that is right takes time. Primary care doctors are family practitioners, internists or geriatricians. A geriatrician specializes in older people, but family practitioners and internists may also have a lot of experience with older patients.

If you need a primary doctor or are not at ease with the one you currently have, now may be the time to find a new doctor that you trust. People sometimes hesitate to find a new doctor because they worry about hurting their doctor's feelings. Doctors understand that different people have different needs; they know it is important for everyone to have a doctor with whom they are comfortable. Some questions to consider:

- Do you care if your doctor is a man or a woman?
- Is it important that your doctor has evening hours?
- Is the doctor associated with a specific hospital or medical center?
- Does the doctor accept your medical insurance?
- Does the doctor speak your language?



Additionally, consider these tips for selecting the right doctor...

- Ask friends or relatives, medical specialists, or other health professionals
- Check your insurer's directory or search on its website for doctors in your network
- Look for board certification through the American Board of Medical Specialties
- Check the American Medical Association's website **www.ama-assn.org**
- To find a list of doctors who participate in Medicare, visit **www.webmd.com**
- Check the state medical society to see if complaints have been filed against any of the doctors you are considering **www.massmed.org**

A Note From Your Outreach Worker!

It is the time of year to get outside, start moving and enjoy the beautiful spring flowers.

We have rescheduled our **AARP Driver Safety Course for Monday, April 25th, 8:30AM at the Walpole Library**. If you registered for the March 21st event (which was cancelled due to the early spring storm) we will contact you to re-register for the April 25th program. We have 30 seats available. Please spread the word. If you know anyone who is interested in this program, please encourage them to contact the Center to register.



Looking forward to warmer weather ahead.

Laurel St. Pierre

Alexander F. Thomas & Sons Funeral Home
Formerly
Keeling-Tracy Funeral Home



45 Common Street
Walpole, Massachusetts 02081
www.thomasfuneralhomes.com

508.668.0154

*Serving Families of All Faiths
for Three Generations*



160 Main Street ~ Walpole, MA 02081
508.660.3080 www.harringtonrehab.com

Dedicated to Hope, Healing and Recovery
Specializing in: Orthopedic and Cardiac Program
Medically Complex, Subacute, Transitional and Wound Care
Beautiful country setting, state of the art therapy gym.

KEEP
CALM
AND HUG A
SENIOR
CITIZEN



REHABILITATION AND
NURSING CENTER

135 ELLIS AVE AT ROUTE ONE, NORWOOD, MA

- Short and Long Term Care Rehabilitation
- In-House Therapy Department
- Up to 7 Days a Week for Physical, Occupational & Speech Therapy

Serving the community for over 40 years

Proudly Owned and Operated by the Franchi Family

CALL FOR A TOUR AND MORE INFO
781-762-6880 www.TheEllis.com

JAMES H. DELANEY & SON
FUNERAL HOME

JAY DELANEY, DIRECTOR

JIM DELANEY, DIRECTOR

(508) 668-1960

48 Common Street, Walpole, MA 02081

our
SENIOR CENTER

The Online Directory of Senior Centers

NEVER MISS A NEWSLETTER!

Sign up to have our monthly senior newsletter
emailed to you at www.ourseniorcenter.com



BECAUSE VIBRANT
CHURCHES MATTER

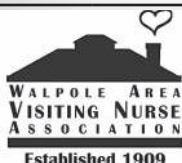
NEXT EXIT

DREAM JOB



- Growing company hiring Ad Sales Executives • Full-time
- Sales experience preferred • Overnight travel required
- Uncapped commissions • Competitive benefits program

E-mail jobs@4LPi.com for more information



Established 1909

Your Care is Your Choice

www.wavna.org

55 West Street, 3rd Floor
Walpole, MA 02081

508-668-1066

For All Your Banking Needs

*Free Checking | Estate Planning
Saving for Grandchildren's Education
Investing | and much more!*

Dedham Savings

your bank

dedhamsavings.com

DEDHAM INSTITUTION FOR SAVINGS dedsip
Member FDIC Member of FDIC Capital Lending Lender
Member of FDIC Capital Lending Lender
DEDHAM • NEEDHAM • NORWOOD
SHARON • WALPOLE • WESTWOOD
(800) 462-1190

THIS SPACE IS
AVAILABLE

PROTECTING SENIORS NATIONWIDE

PUSH



TALK



24/7 HELP



\$19.95*/Mo. + 1 FREE MONTH

- No Long-Term Contracts
- Price Guarantee
- American Made

TOLL FREE: 1-877-801-5055

*First Three Months

**HOLIDAY
SPECIAL**



WALPOLE
CO-OPERATIVE BANK

982 Main Street • Walpole
508.668.1080 • WalpoleCoop.com

Member FDIC
Member SIF
COOP HOUSING
LENDER



**BETRO
PHARMACY**

Since 1952

965 Main Street
Walpole, Massachusetts 02081

508-668-0018

(FAX) 508-668-5590

Peter A. Betro Jr., R. Ph

NEW(S)HORIZONS

Walpole Council on Aging
Town Hall
135 School Street
Walpole, MA 02081

Telephone: (508) 668-3330
Fax: (508) 660-7363

Courtney Riley, Director COA
Laurel St. Pierre, Outreach
Jane Wulk, Van Driver
Carol Fellini, Van Driver
Jim Hinds, Van Driver

Dolores Efthim
Chairman COA Board

HESSCO Meal Site
(508) 668-3423

This Newsletter is made possible,
in part, by a grant from the
Massachusetts Executive
Office of Elder Affairs.



*Friends of the Walpole
Elders, Inc.
P.O. Box 186
East Walpole, MA 02032*

Non-Profit
US Postage

PAID

Framingham, MA
Permit #179

WALPOLE Health Department and COA

The Walpole Nurse will conduct
clinics for blood pressure checks,
screenings and provides health
information on the
**1st and 3rd Monday of the
month at 11:30AM, Walpole
Senior Center, Town Hall.**

Restoring balance and mobility with the Alexander Technique

**Tuesday, May 3, 17, 24, 31
1:00 – 2:00PM Cost: \$40.**

As people age, they begin to limit the way they move due to balance issues and fear of falling. Range of motion is compromised, and the body and mind become stiff. This class will explore through gentle hands on work and group activity how to move with more freedom and ease thereby creating more enthusiasm for life.

A special **THANK YOU** to our community friends hosting
the **Junior Women's League Senior Ice Cream Social,**
Walpole Lion's Club Spaghetti Dinner and
the **Senator Timilty & Walpole Firemens'**
St. Patrick's Day Breakfast.

